

# THE CITIZEN

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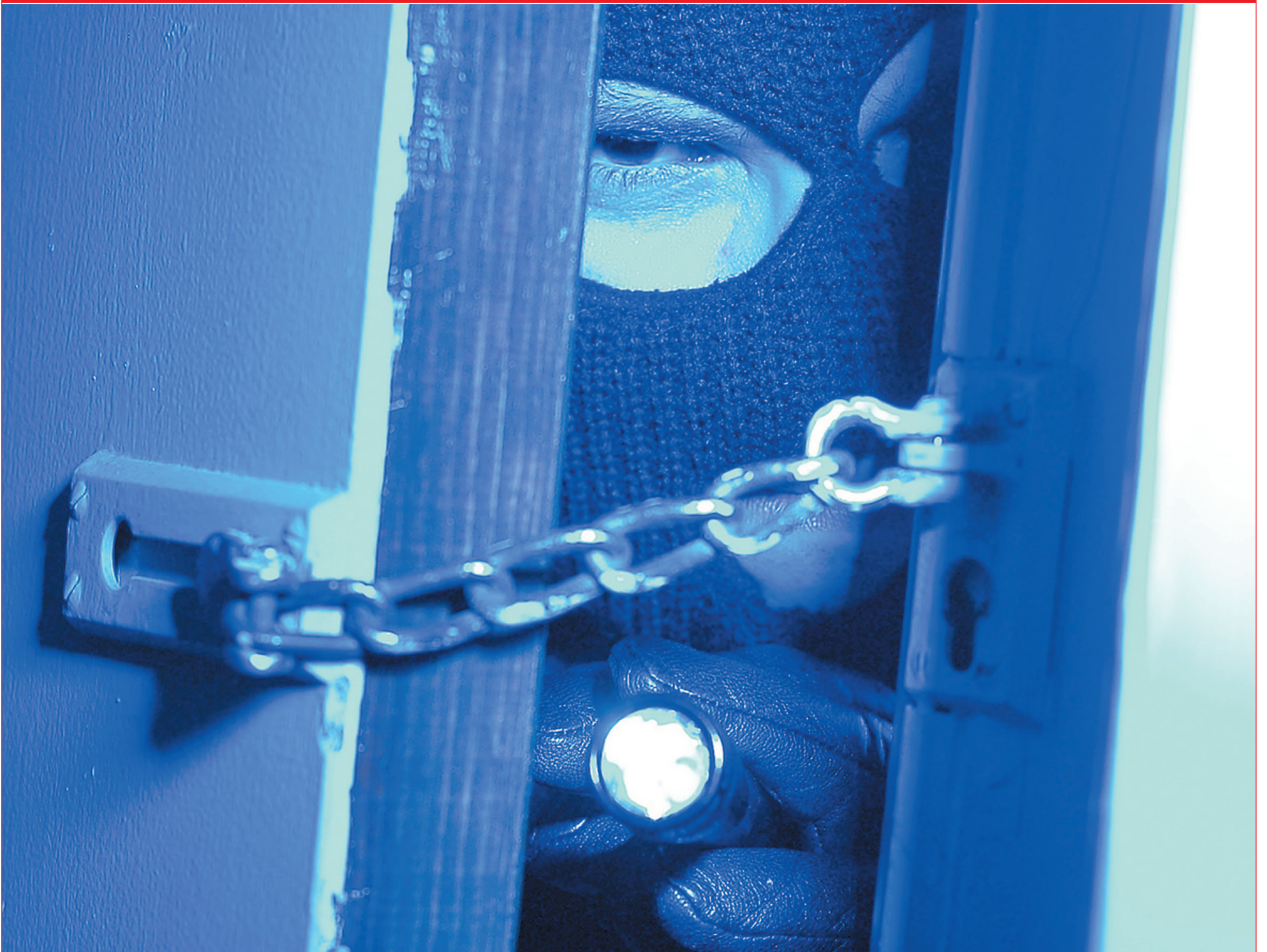
The 6th Area Support Group Newspaper

February 22, 2005

Stuttgart, Oberammergau and Garmisch, Germany

## Are you ***sure*** you're secure?

*Most threats aren't this obvious*



*Workplace Security: Pages 8-9*

### INSIDE THIS EDITION

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#### **Team works to get weather word out**

*When winter (or any other) weather threatens the safety of area drivers, a team effort ensures that the word gets out.*



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#### **Community gathers for morning of prayer**

*Biblical scholar Darrell L. Bock entertains and enlightens attendees of the 6th ASG's National Prayer Breakfast gathering.*





## Thorns 'n Roses

From community submissions



### Roses to:

**Master Sgt. Jim Aldridge** of EUCOM's J-2 directorate, for his outstanding support of the Stuttgart USO. Jim has solved our computer problems and created and maintained a database to organize tour information.

He also volunteers as an escort and driver on USO tours. Jim has made a huge contribution to our ability to serve the community, and we thank him immensely for his time and effort.

**The staff and manager of the Robinson Barracks Pizza Hut**, for bending over backwards to correct a mistake they had made.

Their reaction to the mistake – and their professionalism in correcting it – made me realize that they know how to treat the customer right. They were an excellent example of customer service in action.

**Debra Phillips, a registered nurse at the Stuttgart Army Health Clinic on Patch Barracks**, for always having her great attitude and greeting all of the clinic's customers with a smile.

In addition to her many professional talents (she can even find lost records!), Ms. Phillips enhances the clinic just with her extraordinary attitude.

**The workers who were responsible for plowing our streets, shoveling our walks and providing all other snow-removal duties during our recent blast of extra-wintery weather**, for your excellent service.

You may not have been able to sense it when you were out working in the freezing pre-dawn hours, but this community greatly appreciates you!

E-mail comments to [citizen@6asg.army.mil](mailto:citizen@6asg.army.mil) or fax them to 421-2570/civ. 0711-729-2570.

# Are unsavory characters diving in your digital dumpster?

By John H. Quigg  
Commentary

**I**s a hacker or foreign agent rooting around in your digital backyard at home?

Systems administrators protect you at work, but when you get home, look in a mirror – this is the systems administrator who protects your home computer.

How good are you? Even if you are digitally savvy, are your children? Your spouse?

Would they open an attachment or get into an online chat with a stranger?

Today your position makes you a candidate for any number of people trying to target you and your organization.

Using a home computer requires some of the same considerations as operating a car in Europe in the 1980s. You had to open the hood, the doors, and check under the car to make sure you didn't A) have a bomb, and B) bring it on post.

Without that same attention to detail, a home computer system can be compromised and used against you.

We tend to think that our home lives are separate from work, but the Internet provides an alternate avenue of approach for those who would do us harm.

The first thing attackers or agents of foreign governments will do is recon the target.

*Access a search engine and type in your name. You may be amazed at how much "private" information about you is on the Internet.*

Do you own land? Many property transactions are public record with all your contact and tax information. Driver's licenses, social security numbers, phone numbers and addresses are easily obtainable from any number of online sources.

With this information, it is rather simple to assume an identity – not only to take out credit cards or to purchase things (although that is an everyday criminal threat), but to monitor your activities or masquerade as you.

How much of your personal information is on the Internet already?

Take the test – access a search engine (ask the kids) and type in your name, your spouse's and your children's. Some of you may be amazed at just how much "private" information there is about you on the Internet.

Does your online biography mention your foreign language skills? A good hacker will add that language to

their password-cracking program.

The list is endless, but the point is that you need to be mildly paranoid about what information is available out there.

Most of us need to be "connected" and available no matter where we are, and technology has made great leaps to help us maintain our connection.

Wireless systems keep us in touch with the office no matter where we go, but how secure are they? "Mine is secure," you say. Are you sure?

When going online, be absolutely sure that intruders aren't rooting around through your digital dumpster – balance and mitigate your risks to reduce threats to yourself, your family and the Army.

*This commentary originally appeared online at [www.army.mil/arnews](http://www.army.mil/arnews) in 2002.*

*For additional information about security see pages 8 and 9.*

## THE CITIZEN

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## ON THE STREET

*What is the most important security issue facing the military community?*

– Compiled by Brandon Beach



**Frank Santos**  
(52nd Signal Battalion)

Computer security.

A majority of computer viruses picked up by the Stuttgart footprint comes from e-mails from unknown sources or with multiple attachments.

If it seems suspicious, just delete it. Also, keep your anti-virus software up-to-date not just at work but on your home computer.



**Patrice Wallace**  
(Kelley Barracks  
Child Development Center)

Here at the Kelley CDC, building security is our most important concern.

We make sure all entrances are secure and that somebody is at the front desk at all times.

Also we make sure all visitors have proper IDs.



**David Johnson Jr.**  
(52nd Signal Battalion)

Information security.

The saying loose lips sink ships couldn't be more important.

As a community, we need to be careful of all the pieces of paper we may scribble information on or the conversations we have at say restaurants downtown.



**Delise Flewellen**  
(U.S. Navy)

Internet security is the most important issue for us since we are moving to a paperless Navy.

*Read more about workplace security and force protection in the March 8 & 22 editions of The Citizen*

## Let your voice be heard in your community newspaper

One of the missions of The Citizen is to be a means of communication and discussion among the members of the Stuttgart and Garmisch military communities.

Features such as *Thorns 'n Roses*, *On the Street*, *In the Mail* and *Ask an Expert* are designed to highlight the issues that are on the minds of our

community members.

To let your voice be heard in The Citizen, e-mail [citizen@6asg.army.mil](mailto:citizen@6asg.army.mil) or call 421-2046/civ. 0711-729-2046.



# Team effort ensures that weather word gets out

Story & photo  
by Hugh C. McBride

When the weather outside is frightful, what could be more delightful than having the most current road condition information at your fingertips?

In Stuttgart and Garmisch, a team effort ensures that community members are as prepared as possible for what they might face when venturing onto weather-ravaged roads.

"Our primary concern is the safety of our school children and the safety of the men and women who work on our installations," said Lt. Col. Peter Lee, who is involved in the decision to raise or lower road condition levels.

As director of the 6th Area Support Group Directorate of Plans, Training, Mobilization and Security, Lee coordinates with local military police, collects weather data, and in some cases communicates with German *Polizei* officials in order to provide 6th ASG Commander Col. Gwendolyn Bonéy-Harris with the most current and accurate road condition information.

## MPs on patrol

When evening snowfall appears as though it may necessitate school closures or delayed arrival times, Stuttgart-area MPs examine a predetermined set of off-post roads (described by Lee as "main thoroughfares between our installations") between midnight and 3 a.m.

If the MPs – who have been specifically trained for this duty – find conditions that they believe warrant a change in the current color status, they report to the Installation Operations Center, which is staffed 24 hours a day, 7 days a week.

## Road condition information in Stuttgart, Garmisch

- 6th ASG Road Condition Hotline – 24-hour road condition updates via a recorded message at **421-2474/civ. 0711-729-2474**.

- 6th ASG Web site – Visit **www.stuttgart.army.mil**. Weather link is located in the center of the home page. Information is updated around the clock as events warrant.

- AFN Radio – Road condition information broadcast on **102.5 FM** every 10 minutes beginning at 5:15 a.m.

- Command Information Channel – Broadcast to all on-post housing units, the CIC's slides and text crawl feature weather information and details for locating the latest updates.

## Early decision

Under Lee's direction, IOC personnel collect additional weather data and forecasts so that Bonéy-Harris can make the most informed decision possible by 4 a.m. (the deadline by which the bus contractors must be informed of school closings or delays).

Once a closure/delay decision has been made, IOC staffers notify school officials and command personnel for all area tenant units.

Though the weather may impact a number of facilities and services, 6th ASG Deputy to the Commander Joseph Moscone emphasized that the community's key and mission-essential functions will remain operational.



**Before shovelling out your vehicle and tempting fate on slippery roads, check the road conditions.**

## What those colors mean \*

### Black

Flooding or heavily drifting snow, extreme ice, visibility under 15 meters. Emergency vehicles only.

### Red

Drifting snow, sheet ice and low visibility (between 15-20 meters).

### Amber

Wet, slushy roads, patches of black ice, reduced visibility (under 50 meters).

### Green

Dry roads, no sheet ice or drifting snow, visibility in excess of 50 meters.

*\* Note: Conditions must exist on more than 50 percent of examined roads for color level to be declared.*

Moscone cited the Child and Youth Services programs, on-post dining facilities, Patch Fitness Center, and inter-post shuttle bus system as examples of services that community members can count on in all but the most extreme weather emergencies.

## Safety first

Whatever the official road condition is, Lee noted, personnel should take a "safety-first" attitude. Communicating directly with one's supervisor or commander to coordinate delays or revised work hours (leave) to reduce risk is strongly encouraged.

## News & Notes

### Tax Center open on Kelley

The Stuttgart Tax Center is now open. Hours are Mondays to Fridays, 9 a.m. to 5 p.m. The center is located in room 231, building 3312 on Kelley Barracks. Appointments as well as walk-in service are available. For complex tax returns, please schedule an appointment.

Be sure to bring the following with you to file your taxes: military identification card; Social Security number (or ITIN) of all dependents; all applicable W-2s and 1099 forms; bank information (routing and account numbers); previous years tax return (if possible); spouse or Power of Attorney if filing jointly; and any other applicable tax documents.

For more information or to schedule an appointment call 421-4588/civ. 0711-729-4588.

### Hourly care room at Patch CDC

The Patch Child Development Center in building 2347 has a new hourly care room for children 18 months to 5 years old.

Developmentally appropriate activities will keep the children active and happy. Hours of operation are Mondays to Fridays, 8 a.m. to 3 p.m. Reservations can be made up to 30 days in advance. The fee is \$2.50 per hour per child.

For more information or to make a reservation for your child, call 430-5123/8506/civ. 0711-680-5123/8506.

### Scholarships available

- **The Armed Forces Communications and Electronics Association** is accepting scholarship applications from high school seniors until April 1.

Applicants can attend Patch High School, International School Stuttgart or be home schooled.

For more information or to apply, PHS students should contact Mr. Taylor at 0711-680-8582. Students who attend ISS or are home schooled should contact Ms. Bowers at 434-5603/civ. 0711-68639-5603.

- **The Stuttgart Community Spouses' Club** is accepting scholarship applications for spouses and high school seniors until Feb. 25.

To apply, visit [www.stuttgart.army.mil](http://www.stuttgart.army.mil) and click on the SCSC scholarship link.

For more information, PHS seniors should contact Mr. Engel at the guidance office. For more information call Sarah Rember at 0711-620-4161.

### Child Find screenings on Patch

Child Find screenings will be held Feb. 25 in the Patch Barracks Elementary School for children ages 3 to 5.

The program helps identify any developmental delays in a child's speech, language abilities, cognitive and social skills, self-help skills and large and small muscle coordination.

To make an appointment or for more information call Suzie Boggs at 430-5200/civ. 0711-680-5200. If your child is 6 years or older, contact your local school for information.

### YS sports registrations ongoing

Youth sports registration is open until March 11. The following spring sports are offered:

- Indoor soccer for ages 4 to 15.
- Softball and baseball for ages 4 to 15.

Cost is \$20 for the first child, with a 10-percent discount for each additional child in the family. Children must be CYS registered to participate.

For more information or to register call the YS sports office at 431-2616/civ. 07031-2616 or stop by any YS facility.

### Patch Thrift Shop now hiring

The Patch Thrift Shop will be hiring for all positions with work to begin in June.

Interviews will be held beginning in April. Interested candidates should stop by the shop, located on the lower level of building 2307 on Washington Square, to pick up an application.

The shop is open Mondays, Wednesdays and Thursdays, 10 a.m. to 2 p.m., and the first Saturday of the month, 10 a.m. to 1 p.m.

For more information call Janine Beatty at 430-5510/civ. 0711-680-5510 during shop hours.

## Patch Elementary PTA seeks new officers

By Liz Bandeira

Patch Parent Teacher Association

As the Parent Teacher Association at Patch Elementary School prepares for its next year, a great need has arisen for new volunteers to take over PTA positions that will soon become vacant.

Plenty of training is available for newcomers, including online instruction, workshops and training at the National PTA Convention. Four new board members will have the opportunity to attend training in Garmisch.

The following board positions will be up for election in April: President; First, Second and Third Vice Presidents; Secretary, Treasurer and Parliamentarian. Details of each job description are available upon request.

The PES PTA encourages community members to consider volunteering for this great opportunity to get involved in your child's education, serve the community and meet new people.

For more information about the PES PTA call Liz Bandeira at 0711-489-4734.



*‘We have to do right by the kids’*

## New director focused on building ‘strong, positive relationships’ among CYS children and families

By Tami Gale  
6th ASG MWR Marketing



Hugh C. McBride

**Suzanne King, Stuttgart's new Child and Youth Services director, puts her table tennis skills to the test against a YS patron Feb. 16 on Kelley Barracks.**

The new director of Stuttgart's Child and Youth Services has no problem identifying her top priority.

"We have to do right by the kids," said Suzanne King, who brings 15 years of CYS experience and a lifetime of involvement with children's organizations to her new position in Stuttgart.

"We always need to put the best interests of kids first. It's so important to build strong, positive, trusting relationships with kids as well as their parents," she said.

A native of Holyoke, Mass., King has served in military communities since her senior year at the University of Massachusetts at Amherst, when she interned at Wiesbaden's Lindsey Air Station.

After graduating, she entered a two-year cycle of training with the Defense Department's Recreation Management Program. It was during this training, she said, that she first began to appreciate the full spectrum of life in a military community.

"The first six weeks of the training program included a basic [Morale, Welfare and Recreation] Management course. I learned MWR from A to Z, then I worked in one- and two- week increments in facilities like child care and theater," King said.

This opportunity, she said, helped her develop an understanding of the relationships between all of a community's programs and facilities – and how

*‘We always need to put the best interests of kids first. It's so important to build strong, positive, trusting relationships with kids as well as their parents.’*

**Suzanne King**  
*Stuttgart Child and Youth Services*

they each play a part in supporting the area's individuals and families. "This experience connected a lot of the dots for me," she said.

The balance that King discovered in the military community is reflected in her goals for the children in her programs. "I want children to be well-balanced in their activities. Their physical bodies need exercise and their minds need plenty of it, too," she said.

"It's my goal for CYS to assist parents with developing their children, and I'm very excited to be working in the Stuttgart community."

*For more about Suzanne King see the March/April issue of First Choice magazine*

# After AFAP, improvement effort underway

By Hugh C. McBride

Now the real work begins. Stuttgart's Army Family Action Plan Steering Committee will monitor the progress of area agencies and organizations as they evaluate the following recommendations from Stuttgart's Jan. 27 AFAP conference:

### Community Safety & Improvements

#### Issue #1 – Pedestrian walkway safety

- Scope – Unsafe on-post walkways in Stuttgart
- Recommendations include installing lighting at crosswalks and illuminating all sidewalks.

#### Issue #2 – Indoor playrooms for younger children

- Scope – Young children have limited options.
- Recommendations include renovating existing vacant spaces and constructing new facilities.

#### Issue #3 – Parking problems on Patch

- Scope – On-post parking remains a problem.
- Recommendations include offering a public transportation incentive program and encouraging carpooling.

#### Issue #4 – Bus service

- Scope – Better bus service is needed.
- Recommendations include adjusting routes and schedules and offering an on-post shuttle on Patch.

### Consumer Services

#### Issue #1 – Conflicting school release hours

- Scope – Elementary children are released 30 minutes before high school students, posing childcare challenges.
- Recommendations adding hourly SAS childcare.

#### Issue #2 – Satellite and cable TV options on post

- Scope – TKS does not provide flexible options.
- Recommendations include allowing satellite dishes on post or offering a wider range of cable TV options.

#### Issue #3 – Insufficient childcare

- Scope – Inadequate number of caregivers on post.

### DoDDS earns 'MVP' honors

*In addition to proposing enhancements to the area's quality of life, AFAP delegates also prioritized what they believe are the most and least valuable resources in Stuttgart:*

#### Most Valuable

1. DoDDS Schools
2. Housing
3. Commissaries
4. Medical/Dental Services
5. Youth Services

#### Least Valuable

1. Stuttgart Golf Course
2. Safe Neighborhood Awareness Program
3. Gussy Goose

- Recommendations include increasing financial incentives for caregivers and locating additional space.

### Force Support

#### Issue #1 – Dependent employment and SOFA

- Scope – Family members who are not U.S. citizens are not permitted to be employed in many area positions.
- Recommendations include pursuing modifications to the Status of Forces Agreement to allow qualified dependents to work.

#### Issue #2 – Screening for special education children

- Scope – Children are arriving in Germany without having been properly screened for special education needs.
- Recommendations include increasing requirements and enforcing disciplinary action for failure to comply.

#### Issue #3 – Space availability in overseas DoDDS schools

- Scope – Some family members are placed on waiting lists.
- Recommendations include requiring DoDDS to accept all children of mission-essential contractors.

#### Issue #4 – Force protection effort

- Scope – FP requirements are not being met.
- Recommendations include hiring additional personnel and implementing a centralized training program.

### Medical/Dental & Entitlements

#### Issue #1 – Size of medical facility in Stuttgart

- Scope – The current facility is too small.
- Recommendations include increasing the size of the facility and relocating the Dental Clinic and pharmacy.

#### Issue #2 – Staffing of Dental Clinic

- Scope – Dental staff level is inadequate.
- Recommendations include filling vacant positions.

#### Issue #3 – Tax of Survivor Benefits Plan

- Scope – Beneficiaries' income is reduced during one of the most traumatic times of their lives.
- Recommendation: Instruct Defense Finance and Accounting Service to provide full benefits.

#### Issue #4 – Thrift Savings Plan contributions

- Scope – Unlike civilians, service members who contribute to TSP do not receive matching contributions.
- Recommendation: Provide matching contributions.

### Youth and Education

#### Issue #1 – Real-life classes in DoDDS schools

- Scope – Limited practical life-skill instruction.
- Recommendations include adding classes such as sewing, cooking, woodshop and auto maintenance.

#### Issue #2 – Patch High School gymnasium

- Scope – Gym is old and insufficient.
- Recommendations include renovating the facility.

#### Issue #3 – Teen entertainment

- Scope – Limited on-post options for teens.
- Recommendations include coordinating with other communities and marketing existing programs better.

#### Issue #3 – Patch High School hallways

- Scope – PHS hallways are old and unattractive.
- Recommendations include redecorating the halls.

*For more about AFAP call Lori Everly at 430-7176/civ. 0711-680-7176 or visit [www.stuttgart.army.mil](http://www.stuttgart.army.mil).*



# Pregnancy Orientation eases moms' minds

## *Expectant mothers learn about German health care system, pre- and post-natal care 'on the economy'*

by Melanie Casey

**H**aving a baby can be a scary and confusing time for many women, but doing it while stationed overseas can be downright daunting – even for those who have “been there, done that.”

Prenatal care in the Stuttgart and Garmisch military communities is done “on the economy,” and the experience can be quite different from what is offered in the United States.

While the German prenatal doctors who see American patients generally speak perfect English and are certainly excellent physicians, the system here can be a challenge – at least in the beginning – to those who are used to American doctors, American tests and the oft-embraced (and expected) American notion of “question, question, question.”

### Orientation

One way to learn to overcome and embrace some of the differences between the American and German prenatal systems is to attend the Pregnancy Orientation class offered by the Stuttgart Wellness Center. This class is a must for any woman expecting a baby in Germany.

The class is offered every month and is facilitated by Stuttgart Community Health Nurse Terry Gorham.

The Pregnancy Orientation class is chock full of valuable information, including a translation of that often-confusing but oh-so important document, the *Mutterpass*. (A *Mutterpass* is a wallet-sized medical record that pregnant women keep with them throughout their pregnancies. It contains the woman's medical history, all test results – including ultrasound findings and photos – and much more. You are responsible for it and must bring it to each visit. When it's time to deliver, your whole prenatal history will be, literally, in the hands of your delivering physician).

But the class offers much more than just translations. For instance, information about how to apply for your new baby's German birth certificate, American passport and Social Security number, along with all the paperwork you will need to obtain these valuable items, is clearly presented.

A nutritionist and physical therapist and representatives from the Exceptional and Developmental Intervention Services and Stuttgart Child Car Safety Seat Program also visit the class to offer pre-and post-natal information.

Gorham noted that Garmisch

*Prenatal care in the Stuttgart and Garmisch military communities is done 'on the economy,' and the experience can be quite different from what is offered in the United States.*

residents are more than welcome to attend the Pregnancy Orientation class in Stuttgart.

### A different system

One difference between the German and American systems is that many German physicians who specialize in prenatal care (*Geburtshilfe*) don't deliver the babies whose mothers they've been caring for, which means that some pregnant women will see at least two doctors – one for prenatal and postnatal care and one for labor and delivery.

Women who have had children in the States are familiar with seeing a different doctor at every visit (because many American OB/GYNs work in groups) or spending hours in the waiting room while the doctor rushes off to deliver a baby.

That won't happen with a doctor who doesn't deliver, which means appointments in this setting generally run on time.

And since many German prenatal physicians have private offices, a woman is able to see the same doctor at nearly every visit. This means that she can develop a more comfortable relationship with her doctor and may be less afraid to ask those sometimes embarrassing questions.

Physicians at the Böblingen, Sindelfingen and Robert Bosch hospitals in Stuttgart all care for American patients. But, like in many American clinics, these doctors' offices are often busy and may involve a wait.

### A different paradigm

When it comes to health care, the German mentality can seem strange to some Americans.

For example, most Americans are used to having medical information supplied (without asking) and explained to them in detail by their doctors; they are also used to being reassured and supported.

But many German physicians think differently. As long as there are no problems, prenatal doctors here may not give you details.

But don't be afraid to ask questions, because most of the German prenatal physicians near military installations – especially those that accept Tricare – are quite used to American patients and will be forthcoming when asked.

### The ultrasound issue

In the States, a pregnant woman is lucky to receive one or two ultrasounds during her entire pregnancy, whereas most German doctors perform one at nearly every visit. Many will also record the ultrasounds on videotape and print out a picture or two at the end of each visit.

These frequent ultrasounds – and the reassurance they can bring – are one of the many benefits of having a baby in Germany.

### More than paperwork

The Pregnancy Orientation class is an introduction not only to the German health care system, but also to taking care of yourself and your baby during pregnancy.

When you attend the class, you will learn something new – whether this is your first baby or your fifth

### Pregnant?

1. Visit your healthcare provider to verify your pregnancy and obtain a referral for prenatal care off post.

2. Contact Tricare. A patient liason will prepare your paperwork and can make your first prenatal appointment.

- The Tricare office in Stuttgart is on Patch Barracks (building 2300, behind the clinic).

- For Tricare information in Garmisch, call Sonya Day at 442-2816/civ. 08821-759-2816.

3. Attend a Pregnancy Orientation Class at the Stuttgart Wellness Center.

- The next Pregnancy Orientation class in Stuttgart is March 15. To register, call the Stuttgart Health Clinic at 430-8610/civ. 0711-680-8610.

- For information about prenatal care in Garmisch, call Family Programs Specialist Tatjana Schultz at 442-2584/civ. 08821-759-2584 or Tricare patient liason Sonya Day at 442-2816/civ. 08821-759-2816.



# Taking women's health to heart

## Campaign promotes awareness of #1 killer of women

Story & photo by Melanie Casey

As Patch High School students broke for lunch Feb. 4, they were in for a surprise – and a treat. In recognition of National Wear Red Day, a cake (donated by AAFES) and informational flyers were set up in the PHS foyer to help promote awareness of heart disease in women.

As students made their way to lunch, Joyce Kennedy, the Stuttgart-area Department of Defense Dependents Schools, Europe, school liaison officer, and Michelle Saylor, 6th Area Support Group health promotion coordinator, provided students with both a slice of cake and information about heart disease and heart health.

The idea was to “target kids and promote awareness,” Kennedy said. Many students (and adults, too) took the campaign to heart by donning red in a show of support.

Four PHS students, Ebony Shaw, Elisa Nieves, Brian Rivers and Amanda Lyonnais, also were awarded the title of “Best Red Outfit” during the lunchtime event.

### Campaign takes off

Although this is the second year of the national “wear red” campaign, which is sponsored by the National Heart, Lung and Blood Institute and part of the National Institutes of Health, this was the first time that the event came to the Stuttgart military community.

“It really took off this year,” Saylor said, noting that members of the 52nd Signal Battalion completed a fun run the morning of Feb. 4 with all participants clad in red.

National Wear Red Day is part of “Heart Truth,” a “national awareness campaign to alert women about their risk for heart disease and motivate them to take steps to lower their risk,” according to information provided by Saylor.

The campaign strives to reach women through a network of national and grassroots organizations, and seeks to “give women a personal and urgent wake up call about their risk of heart disease,” according to information on its Web site ([www.hearttruth.gov](http://www.hearttruth.gov)).

### Women's #1 killer

Due to successful high-profile awareness and prevention campaigns, breast cancer is often considered the number one killer of women. However, breast cancer is actually the *fifth* leading killer of women – behind heart disease, stroke, lung cancer and chronic obstructive pulmonary disease.

In 2001, 41,000 women died from breast cancer, but 361,000 died from heart disease – which annually accounts for one of every three women's deaths.

“Most people think of heart disease as a middle-aged men's disease,” Saylor said, adding that since women may have different symptoms, they often don't seek the appropriate care because “they think it's something that happens to their husbands.”

### The silent killer

High blood pressure is one of the most common unrecognized symptoms of heart disease, Saylor said. Because it often has no symptoms, it is referred to as the “silent killer.”

Although one's blood pressure rate varies during the day (lower during sleep, for instance, and higher during activity), it should remain fairly constant when sitting or standing still.

A blood pressure reading of 120/80 or below is considered normal; 140/90 is considered high.

To ensure an accurate blood pressure reading, Saylor recommends waiting (while seated) for at least five minutes before having one's blood pressure tested. She also suggested that both arms be tested and that the test should be repeated two minutes after completion of the first reading.

“If you catch [high blood pressure] early enough,” Saylor said, “it's easy to treat.” She recommended that healthy people have their blood pressure checked at least once a year.

In Stuttgart, the Stuttgart Wellness Center offers mobile unit blood pressure screenings. On a recent such screening, only 23 percent of participants had blood pressure in the normal range while 52 percent had high blood pressure – 11 percent of whom were considered “Stage 2,” Saylor said.

To request a screening for your organization call Joni Brady at 430-4658/civ. 0711-680-4658.



Stuttgart Department of Defense Dependents Schools, Europe, Liaison Officer Joyce Kennedy dishes out slices of cake to Patch High School students Feb. 4. Kennedy teamed with Michelle Saylor from the Stuttgart Wellness Center to offer information and statistics about the number one killer of women, heart disease, to PHS students in conjunction with National Wear Red Day.

## Get a head start on 'heart smarts'

### National Heart, Lung and Blood Institute

Coronary heart disease is the most common type of heart disease and can start as early as the teenage years.

Ninety-five percent of those who die from heart disease have at least one of the following risk factors:

- Smoking
- High blood pressure
- High blood cholesterol
- Being overweight or obese
- A sedentary lifestyle
- Diabetes

Most risk factors are preventable or controllable. In fact, leading a healthy lifestyle can lower an individual's risk of heart disease by 82 percent.

Many people think a heart attack is sudden and intense, like a “movie” heart attack, where a person clutches his or her chest and falls over.

The truth is that many heart attacks start slowly, and not every attack involves the same symptoms.

The following signs could warn of an attack:

- **Chest discomfort** – Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes, or goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.
- **Discomfort in other areas of the upper body** – Can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- **Shortness of breath.**
- **Other symptoms** – May include breaking out in a cold sweat, nausea, or light-headedness.

source: [www.nhlbi.nih.gov/actintime/](http://www.nhlbi.nih.gov/actintime/)



[www.photos.com](http://www.photos.com)

In 2001, 41,000 women died from breast cancer, but 361,000 died from heart disease – which annually accounts for one of every three women's deaths.







# Army rights wrong done to service's first African-American chaplain

By Eric Cramer  
Army News Service

**M**ore than 100 years after the court-martial of Chaplain (Capt.) Henry Vinton Plummer, the Army redressed a wrong and issued an honorable discharge to the first African-American to be commissioned a chaplain in the Army.

Maj. Gen. David H. Hicks, U.S. Army chief of chaplains, said it was time the Army corrected its error.

"I am personally gratified that the Army Board for the Correction of Military Records, after 114 years, has restored Chaplain Plummer to his rightful and deserved place in the history of the United States Army Chaplaincy," Hicks said.

"This action makes me proud of the Army in its willingness to right a former injustice by granting his honorable discharge in recognition of his many years of selfless service, both before and after 1894," he added.

Hicks said Plummer was a historic figure in the Army. "I am especially proud of Chaplain Plummer's service to our Soldiers on America's frontier as our first commissioned black chaplain, and whose heritage I share," he said.

## An American pioneer

Born a slave in Prince George's County, Md., in 1844, Plummer joined the U.S. Navy in 1864 (during the Civil War) and served aboard the USS Coeur de Lion.

Upon leaving the Navy at the end of the war, Plummer taught himself to read and write, attended the Wayland Seminary, and became a Baptist minister. He served as pastor of several churches in the District of Columbia before accepting a commission as an Army chaplain in 1884.

He served with the 9th Cavalry Regiment, — the famous Buffalo Soldiers — as a chaplain for 10 years before he was dismissed from service. "Plummer was an American pioneer," said U.S. Army spokesman Dov Schwartz. "His actions were selfless."

Plummer was responsible for the pastoral care of the regiment's troops and for the education of the troop and their families, as many had not had prior schooling.

## 'Conduct unbecoming'

Plummer was dismissed from service in 1894 after facing a court-martial on the grounds of conduct unbecoming an officer. (A dismissal for an officer is the equivalent of a dishonorable discharge for an enlisted Soldier.)

The facts of his case are largely undisputed, Schwartz said. In 1894, Plummer, who was serving as the chaplain for the 9th Cav.



U.S. Army file photo

**More than a century after he left the Army, Chaplain (Capt.) Henry Vinton Plummer has received an honorable discharge.**

Rgmt., joined the regiment's sergeant major and two other noncommissioned officers to celebrate a sergeant's promotion.

There was general agreement that Plummer and the noncommissioned officers toasted the promotion with alcohol and that Plummer had an altercation with a non-commissioned officer.

In the resulting court-martial, all witnesses agreed that Plummer had consumed alcohol with enlisted troops and had provided enlisted troops with alcohol, both activities considered offenses as conduct unbecoming an officer under the Articles of War in use at the time. President Grover Cleveland approved Plummer's dismissal in November of 1894.

## Vindication at last

Plummer requested that his commission be reinstated several times, twice volunteering for service in combat. His requests were denied.

In 2004, Plummer's great-grand nephew requested that the Army review the chaplain's ancestor's case.

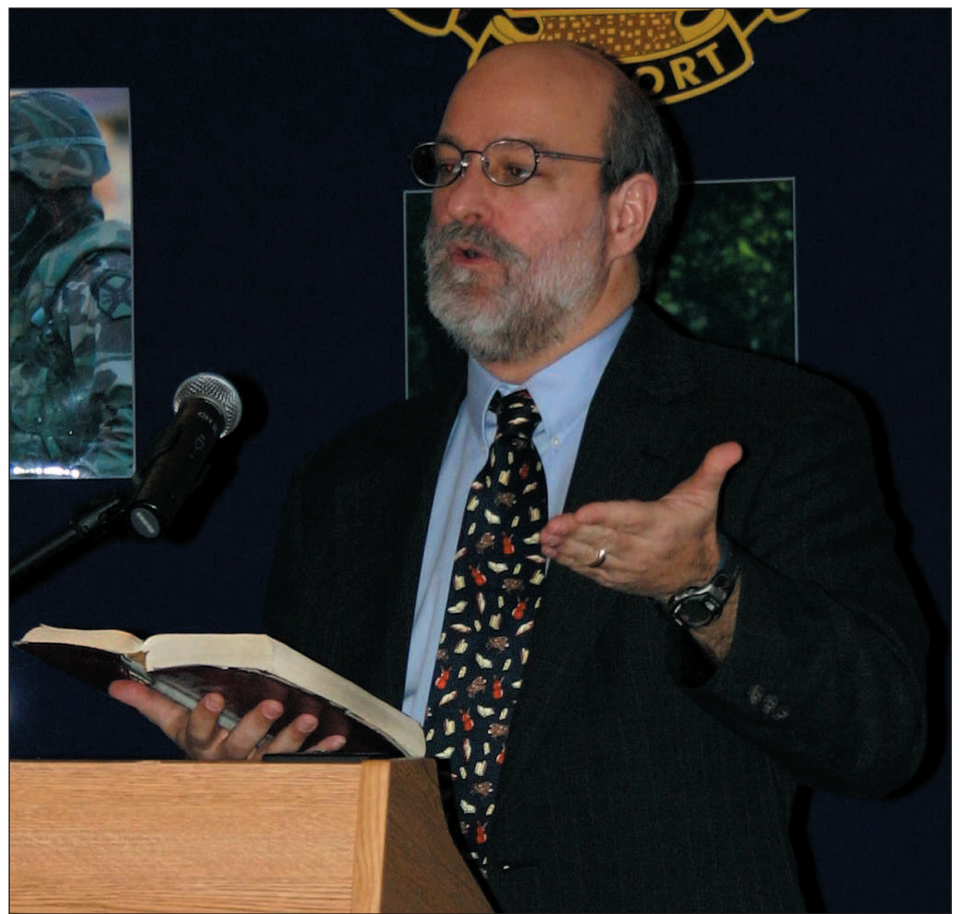
The Army Board for the Correction of Military Records reviewed the case.

While it did not overturn the court martial, it concluded that racism contributed to Plummer's treatment and the characterization of his service that led to the dismissal.

The board determined that Plummer deserved an honorable discharge to restore equity.

"He was a conscientious and well-respected officer, and his post-service conduct as well as his patriotism and love of country were taken into account," Schwartz said.

Plummer's descendants will receive his honorable discharge certificate.



**Biblical scholar and author Darrell Bock speaks during the 6th Area Support Group's National Prayer Breakfast gathering Feb. 10 in the Swabian Special Events Center.**

## — National Prayer Breakfast 2005 — Prayer morning features message, music

Story & photos by Hugh C. McBride

**D**arrell Bock didn't mention Psalm 100 during his time behind the podium at the 6th Area Support Group's Feb. 10 National Prayer Breakfast gathering. But Bock — and the community members who joined him in the Swabian Special Events Center — brought the psalm's opening line to life as the capacity crowd made a joyful noise unto the Lord through prayer, music and, yes, even laughter.

No stranger to public speaking (in addition to serving as a professor at the Dallas Theological Seminary, he is also author of the book "Breaking the Da Vinci Code: Answers to the Questions Everyone's Asking" and a frequent guest on ABC's Good Morning America), Bock blended Biblical passages with real-life examples, humorous anecdotes, and the occasional self-produced sound effects to illustrate his message about the power of prayer.

"Prayer is the litmus test that tells us who we are and what we care about," Bock said. "We are what we pray."

After a brief line-by-line analysis of The Lord's Prayer, Bock cited examples from the Bible's Book of Luke (Chapter 18) and Book of Ephesians (Chapter 1) to explain his belief in purposeful prayer.

"Disciples are people who care about how they walk with God," Bock said. "They also care about how they walk with each other." Prayer, he said, should be undertaken to enhance both of these relationships.

"It's important to appreciate how prayer is a means of bringing people together," he said.

In addition to enjoying a breakfast buffet and Bock's remarks, event attendees were also treated to music by the U.S. Army,



**Master Sgt. Clay Richardson performs an original song about finding comfort in the Bible Feb. 10 during the prayer breakfast.**

**'Prayer is the litmus test that tells us who we are and what we care about.'**

**Darrell Bock**  
Dallas Theological Seminary

Europe, Brass Quintet and Stuttgart's own Master Sgt. Clay Richardson.

The annual breakfast, said Chaplain (Maj.) Terrence Hayes, is part of the 6th ASG Chaplain's Office's effort "to remind people of the importance of spiritual lives and spiritual character."



## Barracks being renovated in States

Army News Service

**T**welve installations have been identified for the initial stage of the Army's Barracks Improvement Program.

The following installations have been selected to lead the Armywide effort to upgrade housing: Fort Wainwright, Alaska; Fort Gordon and Fort Stewart, Ga.; Schofield Barracks, Hawaii; Fort Riley, Kan.; Fort Campbell, Ky.; Fort Polk, La.; Fort Bragg, N.C.; Fort Drum, N.Y.; Fort Hood, Texas; Fort Eustis, Va.; and Fort Lewis, Wash.

"This will make a huge difference in the quality of life for Soldiers," said Maj. Gen. Ronald L. Johnson, director of the Installation Management Agency. "The immediate funding is not intended to fully renovate any barracks – the first priority is to remediate the most serious problems so every Soldier has a safe place to live."

Correcting life, health and safety problems is the primary focus, IMA officials said.

"The Army has committed about \$250 million a year to repair and maintain facilities to make sure they don't fall into disrepair again," Johnson said.



Staff Sgt. Pascual Flores

**Soldiers from the Pennsylvania National Guard's 107th Field Artillery Regiment train on Fort Dix, N.J., before deploying for a military police mission in 2004. Sergeant Major of the Army Kenneth Preston recently identified military police and civil affairs as two of the "high demand, low density" career fields into which up to 115,000 Soldiers will transition.**

## Sgt. Maj. of the Army: Job changes await 100,000+ Soldiers

By Tech. Sgt. Jim Moser  
U.S. Special Operations  
Command Public Affairs Office

**M**ore than 100,000 Soldiers will move from "Cold War" jobs to positions such as military police and civil affairs as part of Army transformation, Sergeant Major of the Army Kenneth Preston said during a Feb. 7 meeting on MacDill Air Force Base, Fla.

"We have a lot of troops in 'Cold War' jobs," Preston said. "I call these 'high density, low demand' fields. The Army is going to rebalance those people to 'high demand low density' fields like military police and civil affairs. Somewhere between 100,000 to 115,000 Soldiers will transform to new positions."

Preston visited MacDill to meet with U.S. Central Command and U.S. Special Operations Command troops. He held two enlisted calls and spoke at a luncheon where he presented awards to top Soldiers in the joint commands, the National Guard, Army Reserve, Recruiting Command and Reserve Officer Training Corps.

During the enlisted calls, Preston addressed topics including Army Transformation and the performance of the Army National Guard and Reserve units deployed overseas.

### *Predictability and stability*

"Two things transformation gives our Soldiers and their families are predictability and stability," Preston said. "We have grown the Army by three brigades and by 2006 this number will increase to 10. These new brigades and the ones already transformed in their respective divisions will have a 'three-year lifecycle.'"

"Troops in these brigades will remain together – train, deploy and redeploy as a team – over a three-year period," Preston said. "So when a soldier goes to one of these new brigades, he or she can plan on being with the unit for at least three years at a given location. When the three years are up, Soldiers can [relocate] to a new base or possibly remain where they are for another cycle."

### *'Poor relations' no more*

In the past, Preston pointed out, the Guard and Reserve were sometimes treated as the Army's "poor relation." This view, he emphasized, has changed considerably – especially given recent operations.

It is not new news that the Army National Guard and Reserve are heavily engaged, Preston said. Citizen Soldiers are on the ground in Iraq, Afghanistan and other theaters around the world.

"In the past the Guard and Reserves received the hand-me-downs and leftovers from the active-duty Army," Preston said. "But not anymore. Forty percent of our forces in the Iraqi [area of responsibility] are Guard and Reserve. They are highly trained and well equipped professionals. I'm proud to serve with them, and we couldn't do the mission without them."

*As the Army transforms, more than 100,000 Soldiers will move into new positions. Many will join military police and civil affairs units.*



# ‘A different Army Reserve for this century’

## Army Reserve chief predicts big changes

By Eric W. Cramer  
Army News Service

Lt. Gen. James R. Helmly, chief of the U.S. Army Reserve, said readiness is the key feature of the reserve component as the Army transforms and moves deeper into the 21st century.

Helmly's comments came at the Reserve Officers Association of the United States Mid-winter Conference in Washington, D.C.

"I'm going to ask you to be an agent of change," Helmly said. "It's going to be a different Army Reserve for this century."

The general pointed out that Reserve Soldiers have been on active duty every day since December 1995.

"How many of you here were in Kosovo?" he asked. "Right now, the U.S. citizen spends about \$6.5 billion a year on reserve forces. If we're not going to use our reserve forces, why do we have them? Let's save \$6.5 billion."

### No 'silver bullet'

Helmly said transforming the Army Reserve is going to be difficult. "There is no silver bullet solution. We're working toward an Army Reserve that is complementary, not supplementary, to the active component," he said. "Our goal is to build skill-rich capabilities throughout the force."

He said changes will be drastic throughout the reserves as the Army evolves from the old corps-and-division organizational structure to the new organization of brigade combat teams and units of action and units of execution.

"(In the old organization) we have too much manpower tied up in non-warfighting functions. That's got to change," Helmly said.

He said the changed force structure will be more flexible and better able to meet the country's enemies in the Global War on Terrorism.

The legacy force structure, he said lacked "rotational depth," because it was equipped to fight a war like Desert Storm. "Desert Storm had a beginning. It had an end. Now,

*I am concerned because we set unrealistic expectations. We told these people one weekend a month, two weeks a year, and it'll be fun*

Lt. Gen. James R. Helmly  
Chief of U.S. Army Reserve

we're in a time when war is the norm, not the exception."

### A major redesign

He said the future of the component lies in the Army Reserve Expeditionary Force.

"This creates a rotation-based force. It establishes a five-year rotation, so that a given unit knows when it's in the rotation where, if something happens, it will be mobilized first," Helmly said. "It's a little like the XVIIIth Airborne Corps where they always have one unit ready to deploy, to go wheels up, within 18 hours. Each unit knows where it is in the rotation."

He said the five-year rotational cycle is based on asking Soldiers in the Army Reserve how often they can mobilize.

Units will also be equipped based on the five-year deployment cycle, he said, allowing the Army to pre-position more vehicles and equipment in operational areas, rather than having them tied up in training missions.

Helmly said the goal is to achieve the modularity that is the Army-wide goal. "This means there will be a major redesign at a lot of reserve-component command levels," he said.

### Honoring citizen-warriors

The Army Reserve has created a new program, the Welcome Home Warrior-Citizen Program, to help reintroduce returning Reserve Soldiers to civilian life. Helmly said the goal

is to be able to honor returning Soldiers with gifts of flags, lapel pins and other items honoring their service.

"It's meant to be a big deal. We want to get everyone to honor our Soldiers," he said.

The Army Reserve is also now presenting a floral wreath at the funerals of Soldiers who are killed while serving.

"We don't want people saying, 'They got my boy killed and they didn't even send flowers,'" the general said.

Helmly cited a problem with the conflict between the expectations many Soldiers brought to the Army Reserve and their actual mission today.

"A lot of you probably saw the picture that went around on the Internet that showed the vehicle with the hand-lettered cardboard sign that said 'One weekend a month my blank,'" he said.

"Well, through the miracles of modern technology someone identified the vehicle and the chief came to me and said 'Helmly, that's one of yours, are you concerned by that?'

"I am and I'm not," he said. "I'm not concerned because Soldiers have a right to express themselves. But I am concerned because we set unrealistic expectations. We told these people one weekend a month, two weeks a year, and it'll be fun."

The general said the Army Reserve has changed its recruiting to reflect the changing times.

"Now, our advertising says 'honor is never off duty,'" he said. "It's our goal to have [Reserve Soldiers] that are as ready to do their jobs as if they knew the day and hour they were going to leave."

To further that goal, he said the component is increasing training opportunities for Army Reserve officers to improve leadership skill throughout the force.

"We've been authorized the funding to increase our reenlistment bonus from \$5,000 to \$15,000," Helmly said. "And our young people are taking it. I've had them tell me they reenlisted for two reasons — one was that they got \$15,000 tax-free. The other was 'I'm finally getting to do something I've been training to do for a long time, and I'm on a good team.'"

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# Pedestrian power

## Panzer group walks toward fitness

Story & photo  
by Melanie Casey

During the cold and often snowy German winters, walking outdoors can be dreary. But doing it with someone else can make it much easier – and much more fun.

The Lunchtime Power Walking Group, which meets Tuesdays and Thursdays at noon in the Galaxy Bowling and Entertainment Center on Panzer Kaserne, offers not only an opportunity for walkers to meet other walkers, but also the chance to get a good workout, learn proper power walking technique and have fun in the process.

The group, which began meeting in January, is being held in conjunction with Morale, Welfare and Recreation's Lighten Up, Tighten Up campaign through March 31.

The program is partnered with the MWR food and beverage program to demonstrate that MWR eateries offer healthy meal alternatives, said Sallie Cauthers, 6th Area Support Group MWR marketing chief and Lunchtime Power Walking Group leader.

By meeting on Panzer, group members can take advantage of the Galaxy's Strike Zone restaurant, which offers a healthy menu including salads, wraps and grilled chicken sandwiches.

### No leisurely stroll

But this is no leisurely stroll around Panzer. During the 30-minute sessions, Cauthers leads participants on an invigorating walk while incorporating instruction on proper power walking form, footwear and stretching techniques.

Participant Joy Staudenmaier, an administrative assistant with Excep-

tional and Developmental Intervention Services, began with the group in January and says that she has seen a loss of inches and also feels better.

She and a coworker have even begun walking on their own on days that the power walking group is not offered.

"It's addictive," Staudenmaier said, noting that the Lunchtime Power Walking Group is a perfect fit for those limited to a one-hour lunch break.

"You can do it in casual pants and shoes, and it's really convenient," she said.

"It's short enough for a lunch hour, yet long enough to get a benefit out of it and still have time to eat."

Cauthers likened the group to a fitness class. "Power Walking is a learning process," she said, "it's educational." And although the participants in the Power Walking Group can continue to talk while they walk, they can still manage a good workout.

The group is not just for "hard core" power walkers and is suitable for all fitness levels.

"No matter how many different levels are walking with the group," Staudenmaier said, "people can keep their own pace without feeling pressure to speed up."

Cauthers, Staudenmaier said, "is wonderful. She's to the point about what to watch for, but very encouraging. You don't feel forced. She has a positive way of making you feel that you can do it – even if you're new to it," Staudenmaier said.

### Still time to join

With several weeks remaining in the Lighten Up, Tighten Up program, new walkers are encouraged to try one of the Lunchtime Power Walking Group walks. Stop by the Galaxy Bowling and Entertainment

Center Tuesdays or Thursdays at noon and join in.

For more information call Cauthers at 421-2047/civ. 0711-729-2047 or e-mail [sallie.cauthers@cmtymail.6asg.army.mil](mailto:sallie.cauthers@cmtymail.6asg.army.mil).

**Joy Staudenmaier (left) and Sallie Cauthers enjoy a brisk Feb. 8 walk around Panzer Kaserne.**



Stuttgart Lady Stallions  
Women's Community-Level Team

## Softball tryouts

March 5, 1 p.m.

Husky Field, Patch Barracks

For more information e-mail Hope Abernathy at [abernath@eucom.mil](mailto:abernath@eucom.mil), call Steve Sanders at 430-4512/civ. 0711-680-4512 or e-mail [sanderss@6asg.army.mil](mailto:sanderss@6asg.army.mil).



# Tournament of Champions 2005



Men	Women
1st Place Heidelberg	1st Place Ramstein
2nd Place Ramstein	2nd Place Kitzingen
3rd Place Wiesbaden	3rd Place Stuttgart



## Stuttgart hosts final face-off before IMA-E championships

**Story & photos by  
Hugh C. McBride**

The community-level basketball season finished with a flurry Feb. 11 to 13 in Stuttgart.

In the final showdown before the Installation Management Agency Europe championship tournament, 11 men's and women's squads converged on Stuttgart for 20 games over three days on Patch Barracks and Panzer Kaserne.

Area hoops fans even got a bonus game during the "Tournament of Champions," as the Kitzingen women's squad came out of the loser's bracket of the on the final day of play to knock off previously unbeaten Ramstein and force an extra game to decide the women's title.

Extra play was nothing new for Kitzingen, as it had earned a showdown with Ramstein by outlasting the host Stuttgart Lady Stallions in overtime Feb. 12. However, the squad's effort came up slightly short, as it fell to Ramstein in the finals.

On the men's side, the Heidelberg Generals used unrelenting defense and sharp shooting to knock off Ramstein 81-60 in the finals.

Heidelberg's Terrance Flemons shook off a first-half ankle injury not only to share team-high scoring honors with Al Ellis, but also to win the halftime dunk contest.

The IMA-E tournament is March 3 to 6 in Würzburg.

*[Near Left] Kitzingen's Bertha Kabuye shoots for two of her game-high 20 points during her squad's first game against Ramstein Feb. 13 in the Patch Fitness Center.*  
*[Far Left] Intense defense played a key role in Heidelberg's championship game victory over Ramstein.*